```
"VARIABLE" "DESCRIPTION" "UNITS" "RANGE_LOW" "RANGE_HIGH"
     "LEGAL VALUES"
"BENT_COM" "Comment on benthic sample" ""
"DATE_BENT" "Date of actual benthic collection"
"DATE_COL" "Date of field collection"
"IS_DISTINCT" "DISTINCTNESS OF TAXON WITHIN SAMPLE"
"IS DISTINCT300" "Distinctness in 300 organism subsample" ""
         "0|1"
"SAMPLE_TYPE"
              "Sample type"
"SITE_ID" "Site identification code"
"TARGET TAXON" "TAXANAME AT TARGET HIERARCHICAL TAXONOMIC LEVEL"
"TAXA ID" "Taxonomic ID number"
"TOTAL"
         "TOTAL NUMBER OF INDIVIDUALS COUNTED"
"TOTAL300" "Total of given taxon using subsampling.exe for 300 organism
subsample" ""
"UID" "Unique site visit ID"
```

"VISIT_NO" "Visit number for that year"